



The School District of Palm Beach County

[www.palmbeachschools.org/sfs](http://www.palmbeachschools.org/sfs)

# Standard Breakfast February 2012



Monday

Parents are encouraged to prepay online for students meals. The link is provided on our website.

Tuesday

Wednesday

Thursday

Friday

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|---|---|---|---|---|
|  <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p> |  <p>Online Meal Payments</p>             | <p>1<br/>Breakfast Pizza<br/>Pancake<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>        | <p>2<br/>Egg &amp; Cheese Mini Bagels<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  | <p>3<br/>Chicken Biscuit<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  |
| <p>6<br/>French Toast Sticks<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  | <p>7<br/>Sausage &amp; Cheese Biscuit<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  | <p>8<br/>Scrambled Eggs<br/>Baker's Delight<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p> | <p>9<br/>Mozzarella Cheese Pocket<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  | <p>10<br/>Canadian Bacon &amp; Egg Muffin<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   |
| <p>13<br/>Cinnamon French Toast<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   | <p>14<br/>Pancake Wrap<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>                 | <p>15<br/>Breakfast Pizza<br/>Pancake<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>       | <p>16<br/>Egg &amp; Cheese Mini Bagels<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   | <p>17<br/>Chicken Biscuit<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   |
| <p>20<br/><b>President's Day</b></p>    | <p>21<br/>Sausage &amp; Cheese Biscuit<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p> | <p>22<br/>Scrambled Eggs<br/>Frudel<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>         | <p>23<br/>Mozzarella Cheese Pocket<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   | <p>24<br/>Canadian Bacon &amp; Egg Muffin<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>  |
| <p>27<br/>Cinnamon French Toast<br/>Breakfast Breaks<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>   | <p>28<br/>Pancake Wrap<br/>Yogurt<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>                 | <p>29<br/>Breakfast Pizza<br/>Pancake<br/>Assorted Cold Cereal<br/>Hot Cereal*<br/>100% Whole Wheat Toast</p>       | <p><b>February is American Heart Month!</b><br/>Focus on the prevention of cardiovascular disease:</p> <ul style="list-style-type: none"> <li>• Get the whole family physically active. Take walks, ride bikes, go swimming, garden or play tag.</li> <li>• Make a game of reading food labels to choose healthy, low-fat, high-fiber foods.</li> </ul> |   |

For a complete meal, students may select **one entrée** that can include a **GRAIN/BREAD, MEAT/MEAT ALTERNATE, ONE FRUIT CHOICE (FRESH FRUIT, CUPPED FRUIT OR 100% FRUIT JUICE)** and a **CHOICE OF MILK**. An asterisk (\*) indicates a **BONUS ITEM**. A **BONUS ITEM** may be selected as an extra grain/bread in addition to the grain/bread that already comes with the main entrée.

Menu is subject to changes.

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